Psychological Resources of Resilience in a Crisis Situation: Transformations of the Value-semantic Sphere of Students Living in a Zone of Local Military Conflict

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Abstract: This article substantiates the impact of the crisis situation on the actualization and development of personal resources and coping with a difficult life situation. Using the example of students living in a local military conflict zone, it is shown that value-semantic resources (psychological resources of stability) in a crisis situation can transform and manifest themselves at the level of reducing the level of meaningfulness of life, value basis and existential fulfillment of life, reducing the degree of emotional response to current events. A crisis situation for a person, on the one hand, can become a source of disintegration in the perception of events of the past, present and future; loss of meaningfulness of life and devaluation of past experience; on the other hand, it can result in subjective well–being if a person works with a psychoemotional state (that includes working with fear and anxiety; perception of a difficult life situation as a challenge and finding new ones personal meanings); works with goals (building an image of the future in the short term), and if a person is rethinking and updating new personal meanings. According to the results of our research, goal-setting and building an image of the future are interrelated with the ability of the subject to be more open to emotional experiences, to show willingness to work with negative emotions (the "Self-Transcendence" scale); to actualize his personal potential (the "Personality" scale). The following empirical methods were used: Test of life-meaning orientations. SJO (J. Crumbo, L. Maholik in adaptation by D. A. Leontyev); Test of research into the real structure of a person's value orientations (S.S. Bubnova); Methodology for diagnosing the subjective well-being of an individual (Shamionov R.M., Beskova T.V.); «The scale of existence» (Existenzskala) by A. Langle and K. Orgler (adapted by I. N. Mainina and A. Yu. Vasanov).

Keywords: *meanings, purpose, life perspective, values, subjective well-being*

Introduction

In the current situation of social instability and uncertainty, one of the tasks of psychology is to explore the mechanisms and resources of coping with complexity. In psychological research, the challenges of uncertainty and complexity are often described as destructive challenges of the "shock of the future" (Asmolov A., 2018), which make it difficult for a person to adapt and cause the development of a number of negative conditions. However, we note that a situation of uncertainty, difficult life situations (in addition to negative influence) can also positively affect a person through activation and restructuring of regulatory mechanisms, increasing psychological stability (taking into account the need to often change habitual behavior programs), and ensure the development of new personal resources. As the uncertainty and unpredictability of the modern world grow, the focus of socio-psychological research is increasingly studying the problems of human personal resources, the peculiarities of human adaptation to a new reality. Given the high intensity of information flows, the difficulties of forecasting and planning, the high stress of the modern world, a large number of foreign and domestic researchers determine the possibilities of self-regulation as determinants of stability (Morosanova V.I., 2021), personal potential (Leontiev D.A., 2016). Today, new areas of psychology have emerged that set new approaches to understanding a

person: the psychology of uncertainty (Kornilova T.V., 2014; Petrovsky V.A., 2021), psychology of social instability and digital socialization of personality (Soldatova G.U., Rasskazova E.I., Nestik T.A., 2017; Nestik T.A., 2023), psychology of choice (Leontiev D.A., Pham A.H., 2013); personology of maladaptive behavior (Petrovsky V.A., 2021), systemic anthropological psychology and psychology of self–organization of psychological systems (Klochko V.E., Klochko Yu.V., 2015), the study of personality in a traumatic situation in a military conflict (Maksimenko E.G., 2021) In a number of individual situations, a crisis situation appears. Overcoming difficult life situations is interconnected with the effectiveness of semantic regulation, the ability to turn traumatic experience into a basis for further growth and development. Thus, D. Leontiev identifies a special class of personal resources (universal resources) that compensate for the lack of psychological resources in an extreme life situation. (Leontiev D.A., 2016) Universal resources ensure the restructuring of connections with the outside world and the use of conditionally "negative" situations, emotions, experiences into resources for growth and adaptation. For example, in a situation of despair, a person is able to rethink his experience and use more effective behavioral strategies; a situation of injury and illness can become a source of personal growth, etc. Within the framework of existential psychology, V. Frankl and A. Langle noted that the acquisition of meaning sometimes becomes a resource that provides a way out of their crisis state. The pursuit of meaning and the realization of values, according to the author, are the basic aspirations of a person. (Frankl V., 1990; Längle A., 2015) The situation of local military conflicts largely affects the transformation of habitual patterns of conduct, values and semantic attitudes, the development of a number of severe emotional states (increased situational and personal anxiety, a sense of insecurity and helplessness, experiencing feelings of loneliness, exacerbation of existential fears). Despite the steady and constantly increasing scientific interest in the problem of human functioning in psychogenic circumstances, the problem of individual psychological characteristics of a person's experience of a situation of military conflict is insufficiently developed. The most studied problem is the identification of the role of the semantic sphere of personality in determining the nature of experiencing a traumatic event and choosing a trajectory for overcoming a personal crisis. In the works of M. S. Magomed-Eminova (Magomed-Eminov M.Sh ., 2009) it is shown that a traumatic situation transforms the semantic sphere of a person, making it "bipolar" (semantic structures concentrated around the idea of "life" and the idea of "death"). Psychologists point to the fact that a person who is in an unfavorable psychological state due to traumatic experience is characterized by a shift in emphasis from the functioning of meanings in the present to the future and the past. In a difficult life situation with a protracted character, a person often faces an obstacle in the form of difficulties in "semantic processing of current experience", which leads to deformation of life orientations (Magomed-Eminov M.Sh ., 2009). Psychological studies of the structure of life-meaning orientations of a person experiencing post-traumatic stress syndrome have shown the presence of contradictions between the components of meaningfulness of life, such as: lack of deep understanding of past events and their disintegration with the actual context of the present moment; a tendency to "semantic loading" of the future with projections of unrealized expectations; loss of meaning of past experience and difficulties in adequately understanding what is happening (Magomed-Eminov M.Sh ., 2009). In such a situation, according to psychologists, there is a significant narrowing of time orientations, one feels "thrown out" from the flow of life, which contradicts the desire to gain stability, has an adverse effect on personality. Overcoming the feeling of emptiness and lack of meaning in life as a result of an incident situation requires purposeful transformative activity from the individual. In the context of traumatic situations, a person experiences a partial loss of identity, which is associated with the perception of his activity in the present as meaningless. Here it is important for the subject to gain real personal support, which helps to make a choice towards building a life on new, completely uncertain grounds. In psychology, attention is focused on the fact that it is important not only to comprehend a traumatic event as an experience, the formation of new meanings, but also to immerse it in a broader semantic context of personal value relations. Assimilating at the level of individual consciousness, values and meanings function as determinants underlying the choice of a life path, determining human behavior (Borisov R.B., 2019). Modern researchers focus on the fact that people who have been in armed conflict for a long time are forced to experience a number of negative emotional reactions and, as a rule, demonstrate transformations of the motivational, need-based and semantic sphere. Empirical data show that for representatives of this contingent, it is important to preserve meanings that were previously given great personal importance. In case of loss or devaluation of previously important meanings, a person in a difficult situation tries to create new ones in order not to lose a life perspective. The established system of

meaningful life orientations provides a relatively stable orientation of needs and interests, a sequence of human behavior strategies, including in extreme situations. In a sense, we can say that the restructuring of life orientations, the acquisition of new meanings can act as a personal resource that will help to withstand difficult life situations. Theoretical analysis allows us to conclude that emotional discomfort resulting from being in a military conflict zone provokes dissatisfaction with oneself as a subject of an actual life situation, lack of a clear understanding of future plans and ideas about prospects, which generates changes in the system of meanings and values. A subject who has been in a military conflict zone for a long time gradually begins to experience certain difficulties in exercising semantic self-control of social behavior, doubts about the achievability of desired goals, shows distrust of values and meanings that were prioritized in the past, as well as rigidity of emotions, demonstrating rigid behavioral attitudes.

Materials and Methods

The purpose of our research is to study the value structure and features of the life orientations of students living in a military conflict zone. The empirical object of the study is 80 students, 40 of them living in the zone of local military conflict (hereinafter group "A") and 40 students living in the border area (hereinafter group "B"). Research methods: The test of life orientations. SOHO (J.Crambo, L. Makholik in the adaptation of D.A. Leontiev); Test of the study of the real structure of personality value orientations (S.S.Bubnova); The methodology for diagnosing the subjective well-being of a person (Shamionov R.M., Beskova T.V.); The scale of existence" (Existenzskala) by A. Langle and K. Orgler (adapted by I. N. Mainina and A. Y. Vasanov). Nonparametric methods were used in the course of mathematical processing. The comparison of the average data was carried out according to the Mann-Whitney U-criterion, as well as a Spearman correlation analysis. During data processing, a standard software package was used: SPSS 23.0

Results

At the first stage of the study, we analyzed the features of the life orientations of students living in regions with different levels of geopolitical risks. According to the results, the level of expression of indicators of meaningfulness of life (Locus of control-life; Locus of control – I; Result of life; Process; Goals) in both groups of respondents has an average degree of severity. Respondents of both groups are able to control themselves and their lives, however, students from the military conflict zone do not always show confidence in life choice situations, and have great difficulties in managing their lives. The orientation towards the future, purposefulness, is expressed higher among students living in the border area. As part of the study, it was important for us to correlate life-meaning orientations with the value profile of respondents. Thus, according to the results of the study, the most significant values for group "A" (respondents living in the territory of a local military conflict) are "Pleasant pastime and rest" (4.4), "Help and mercy to other people" (4.3), "High material well-being" and "Recognition and respect of people and influence on others" (3.9), "Love" (3.7), "Health" (3.0). For the respondents of the two groups, important values are hedonistic and altruistic, recognition and respect for other people. At the same time, the five significant values of the students of group "B" also include cognitive and hedonistic orientations, and the students of group "A" – "Love" and "Health". For students from the military conflict zone, as well as for students from the border area, the least significant values are "Social activity to achieve positive changes in society", "High social status and people management", and the value of "Communication". It is worth mentioning that one of the basic human needs (the value of "Communication") it becomes less significant for the respondents of our sample. In order to verify the statistical reliability of differences in the severity of value orientations in the studied groups of respondents, a statistical analysis was carried out using the Mann Whitney U-test. The analysis showed that for students of the border area, compared with students living in the zone of local military conflict, the following value orientations are the most important – "Search and enjoyment of beauty" and "Learning new things in the world, nature, man", while for students of group "A" the value is more significant "High material well-being." Perhaps, in a situation of loss of stability, it is more important to meet basic needs and ensure vital activity.

Table 1. *Comparative analysis of differences in the ranks of values in two groups of respondents using the U-M. Whitney*

Scales	Group «A»	Group «B»	U-emp	(p-level)
	3,9	3,0	303	0,01
High material well-being	2,8	3,9	293,5	0,01
The search and enjoyment of the beautiful				
Learning new things in the world, nature, and man	3,0	3,6	346	0,04
Social activity to achieve positive changes in society				
	1,8	2,3	364	0,06

The least important values in the hierarchy of values for both groups are socially oriented values - social activity, high social status and communication. At the next stage of the empirical study, the subjective well-being of the students of the selected groups was studied. Subjective well-being (as opposed to psychological well-being) indicates only internal subjective criteria that allow you to feel happy (a subjective assessment of the measure of happiness). The concept of subjective well-being was introduced by E. Diener, who proceeded from the position that well-being is determined by a subjective assessment, and not by objective conditions. The analysis of the results showed that the severity of well-being indicators in the two groups is within the average values, however, the severity of all indicators among students of the border area has higher values than among students living in the zone of local military conflict. In terms of severity, the "socio-normative well-being" scale received the highest values in the two groups, which indicates that respondents associate their well-being, primarily with compliance with social norms of life, and are guided by moral norms of behavior; next is the "Existential Well-being" scale. In a situation of social instability, perhaps social norms, well-practiced habitual behavior programs often help to feel and maintain stability. Thus, the average degree of expression of indicators of subjective well-being among the respondents of the two groups indicates that the respondents are mostly satisfied with their lives, guided by the values transmitted by society, their lives are filled with meaning, but they are least satisfied with themselves and the living conditions in which they find themselves.
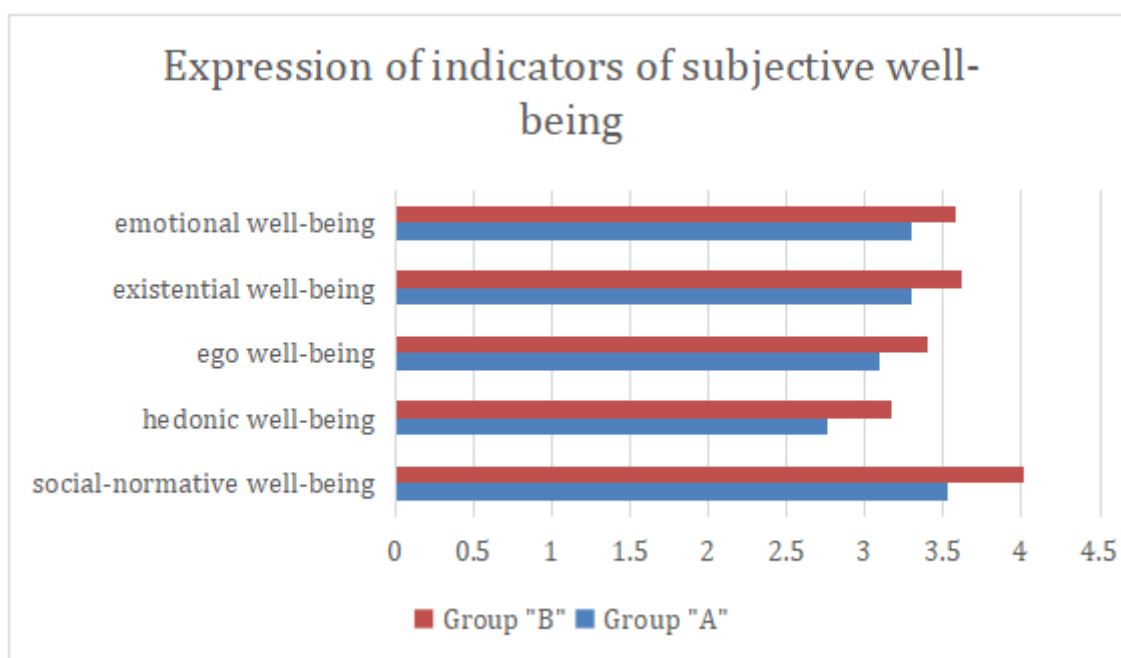

Figure 1. Symbols: Group "A" - students living in a local military conflict zone; Group "B" - students living in the border area

An important research task in the framework of studying the transformation of the value-semantic sphere for us was the study of basic anthropological abilities (the "Scale of Existence" by A. Langle and K. Orgler). So, according to the authors, four abilities can be distinguished that determine the ability to realistically perceive events and phenomena of the world, separating them from subjective assessment

(Self-distancing-SD); to treat them emotionally and valuably (Self-Transcendence-ST); to make a choice (Freedom-F); and to realize it (Responsibility-V). In our opinion, the inclusion of this technique in the diagnostic program will allow us to analyze how the value-semantic profile determines a person's ability to make choices and act.
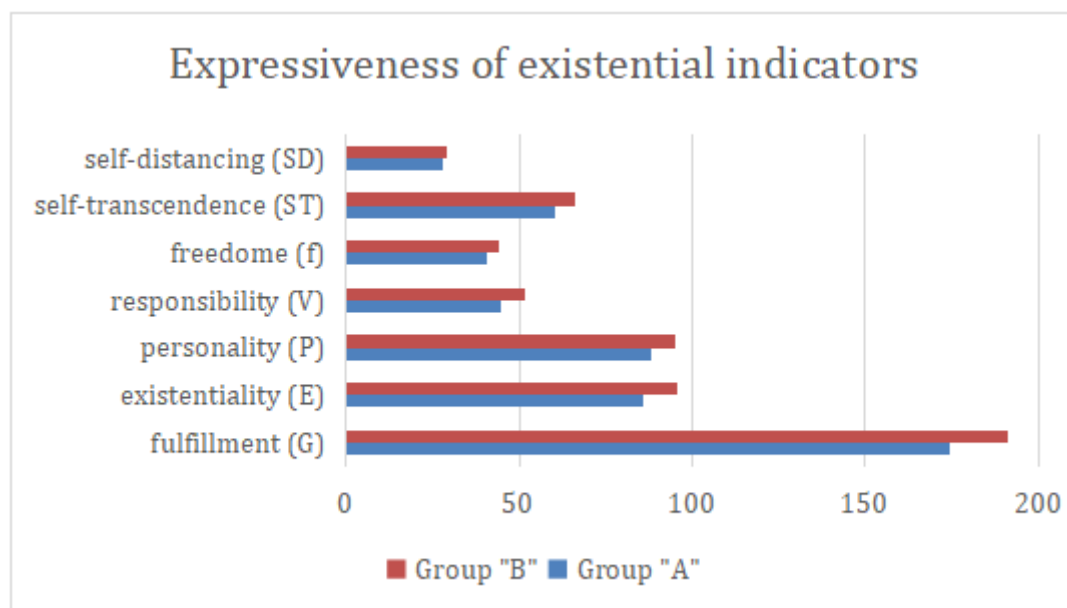

Figure 2. Symbols: Group "A" - students living in a local military conflict zone; Group "B" - students living in the border area

A comparative analysis of the results showed that all scales of existence in a group of students from the border area have a greater degree of severity, compared with the results of group "A" (students living in a local military conflict zone). The analysis showed that the SD index (Self-distancing) among students of group "A" is on the border of low and average values, which rather indicates a low distance from oneself, which may be due to experiencing internal conflict and post-traumatic state. Severe emotional stress and emotional entanglement can lead to difficulties in adequately perceiving the situation, to focus on satisfying current intentions and desires. A person in a crisis situation, as a rule, is focused on obsessive thoughts, situational states, may be somewhat disoriented in a stress situation – all this prevents a sober assessment of surrounding phenomena and narrows the possibilities of perception. The ST scale (self-transcendence) manifests itself in the ability to feel close to something/ someone, to sympathize, to relate emotionally to the events and phenomena of life. Self-transcendence allows a person to establish an inner attitude to what he sees, to distinguish events and phenomena more subtly on the basis of a value attitude to reality. This ability is interconnected with the ability to feel and differentiate one's own emotional states, desires, which directly affects self-acceptance and the ability to make and realize choices. The severity of this indicator among respondents living in a military conflict zone is below average, which is manifested in the emotional scarcity of emotional response. It can be assumed that in a situation of stress, a reassessment of values may occur and the range of emotions (as conductors of meanings) becomes significantly narrowed. The emotional response is limited to basic emotions to current life situations, providing an adaptive function. In this case, in rehabilitation and psychological support programs for such people, it is important to develop the emotional sphere (self-regulation skills, differentiation of emotions, etc.) as an important component for decision-making and orientation in difficult life situations. The F (freedom) scale in the two groups is also in the range of average values, but the results of the students of group "A" are close to low. Freedom manifests itself in the ability to find real opportunities for action, create a hierarchy of them in accordance with their value and thus approach decision-making more reasonably and personally. In our opinion, a decrease in the indicators of this scale among students of this group of students may be correlated with severe anxiety (as a characteristic of a stress reaction); with depressive and apathetic manifestations as a result of low control over the events of his life, with a fatalistic life attitude. In this regard, an important therapeutic task is to distinguish between situations that can be

controlled and those that we cannot control and the development of active behaviors. Indicators on the Responsibility scale (V) in the two groups also have an average degree of severity. Responsibility is understood as the ability to bring to completion those decisions that were made on the basis of personal values. The severity of the indicator "Personality" (P) in a group of students from a military conflict zone is on the border of medium and low values, which may indicate that basic personal abilities are blocked or not actively used. Students of group "B" have indicators on this scale within the average values. The respondents of the two groups have a predominance of self-transcendence over self-distancing (SD < ST), which may indicate the presence of emotional responsiveness, empathy, and expressed inner experience. The respondents of the two groups have a combination of F > V, which indicates impulsive behavior, difficulties in accepting responsibility, and the importance of personal freedom, which can sometimes take on narcissistic tendencies. At the final stage of the study, a correlation analysis was performed using Spearman's criterion. The analysis showed that students' focus on the future is positively associated with the scales of subjective well–being - "emotional well–being" (0, 601*) and "Ego well-being" (0, 683**) and the scales of existence - "self-transcendence" (0, 519*) and "personality" (0, 513*) value orientation towards communication (0, 489*).
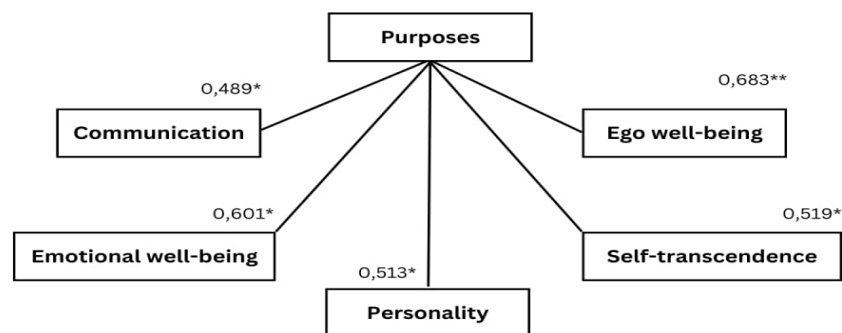

Figure 3. Correlation connections of the "Purpose" scale with indicators of subjective well-being and existence scales (group "A")

Students of group "A" primarily associate their life perspective and planning of their future with self-satisfaction and internal consistency. The relationship of orientation towards the future also has positive links with self-transcendence, which manifests itself in understanding the meaning of one's actions, the ability to respond emotionally to life events and treat them with value. Modern research empirically confirms the thesis about the relationship between future orientation and subjective well-being. The meanings of the future create a support in the present and affect the feeling of being a full-fledged subject of life. In our opinion, working with goals and focusing on the future is an important area of psychological support for students who find themselves in a difficult life situation. Understanding and correlating your capabilities with the result in the outside world will help you gain confidence in your abilities and overcome anxiety about the uncertain present. In this case, working with goals will help to actualize personal potential and direct the activity of the subject in the direction of achieving goals and gaining personal meaning of actions. The idea of the significance and importance of actualizing personal goals was also confirmed in a sample of students from border areas. The analysis of correlations in group "B" showed the following: a focus on the future has direct strong links with all scales of subjective well-being and scales of existence.

Strong correlations were found with the scale of "Emotional well-being" (0, 706**), " Existential well-being" (0, 735**), " Self-transcendence" (0, 853**), " Freedom" (0, 808**), " Personality" (0, 751**), "Existentiality" (0, 748**), " Fulfillment" (0, 776**). Interesting results were obtained on the "Process" scale, which (in group "A") has only two correlations with the scales of subjective well–being - "Emotional well-being" (0, 617**) and "Ego well-being" (0, 564**). The results obtained may indicate that the emotional saturation of the present gives a person the opportunity to feel happier and more confident in himself. In a difficult life situation, sometimes this task becomes unsolvable. However, rethinking the current experience, focusing on the meaningful and emotionally colored for the subject can create a foothold in the present and give a feeling of happiness. However, there were no correlations with the scales of existence in this group. We see the exact opposite picture in the respondents of group "B". The "Process"

scale has moderate and strong connections with all scales of subjective well-being, scales of existence and the value of "Communication". The respondents of this group associate the emotional saturation of their being with the satisfaction of basic needs, a sense of joy and fullness in their lives, and a sense of general existential fulfillment. The present among the respondents of this group is associated with the value of "Communication", which indicates the importance of communication for the meaningfulness of life and understanding oneself through Another. The study of the relationships between the "Locus of control –I" scale and other studied indicators showed that, unlike the ability to manage one's life, the ability to control oneself and one's development has more correlations. In group A, direct moderate and strong connections were found between the idea of oneself as a strong personality capable of controlling oneself and indicators of subjective well–being - "Emotional well-being" (0.475*), "Existential well-being" (0, 665**), " Ego-well-being" (0, 490*), "Hedonistic well–being" (0, 509*), the scales of existence are "Self-transcendence" (0, 623**) and "Personality" (0, 542*). A positive self-image also has a direct moderate connection with the value of "Communication" (0.475*). Thus, the more a person feels the ability to manage his life, the more prosperous he feels and the more productively he is able to respond to the challenges of life. It should be noted that the "Goals" scale and the "Locus of control – I" scale are positively related to the "Personality" scale. One of the tasks of psychological support for people in difficult life situations is to strengthen self-esteem, to create internal psychological supports that provide the basis for adaptation and overcoming difficult life situations. In this case, the crisis situation activates the psychological mechanisms of coping with complexity and provides an opportunity to realize oneself and one's potential, provided that a person is oriented and self-development and is capable of designing life goals (the "Personality" scale). Thus, according to the results of our research, the ability to set goals is interrelated with the ability of the subject to be sensitive towards himself and the world, ready to actualize his personal potential. This thesis is fundamentally important from the point of view of the possibilities of self-realization and self-realization in a crisis situation and presents ample opportunities in terms of considering the impact of a crisis situation on rethinking oneself and one's life story.
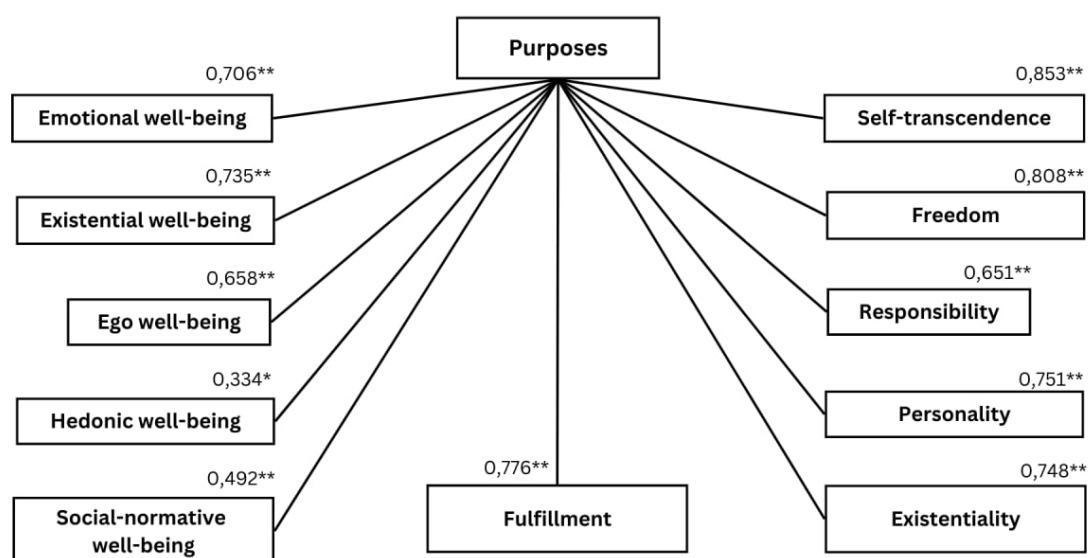

Figure 4. Correlation connections of the "Purpose" scale with indicators of subjective well-being and existence scales (group "B")

In group B, the correlation matrix of the relationships between the "Locus of control –I" scale and other studied indicators is similar to the results of the correlations of the "Locus of control-Life" scale. Thus, the scale "Locus of control –I" is positively interrelated with the scales "Emotional well-being" (0.745**), "existential well-being" (0, 741**), " Ego-well-being" (0, 700**), " Hedonistic well-being" (0, 350*), The scales of existence are "Self–transcendence" (0, 931**), and "Personality" (0, 847**); " Freedom" (0, 862**); " Responsibility" (0, 725**); " Fulfillment" (0, 858**). The analysis of correlations between the "Meaningfulness of life" scale and other studied indicators in group "A" showed that the meaningfulness of life determines subjective well-being in this group of respondents (emotional, 0.689**; existential, 0.507**),

the ability to self-transcendence (0.506*), the ability to realize their potential and be open to the world (the "Personality" scale, 0.457*). In group "B" (students of the frontier theory), the scale "Meaningfulness of life" has positive moderate and strong connections with the scales of subjective well-being and scales of existence: "Self-transcendence" (0.862**), "Personality" (0.767**); "Freedom" (0.796**); "Responsibility" (0.622**); "Fulfillment" (0.773**); "Existentiality" (0.734**). According to the results, the higher the level of meaningfulness of life, the happier and more internally consistent a person feels. Thus, in relation to this group, it can be said that the level of meaningfulness of life contributes to the development of three basic anthropological abilities - the ability to feel (self-transcendence (ST)), the ability to choose (freedom (F)) and the ability to accept responsibility (V). However, no connection was found with the "Self-distancing" scale. Analyzing the results obtained in the aspect of developing psychological support programs for students living in a local military conflict zone, it should be noted that the ability to be emotionally open to oneself and the world, actualize one's potential and realize one's capabilities (the "Personality" scale) is interrelated with the ability to set goals, control oneself and one's development, and the general meaningfulness of life (the scale "OJ", "Goals", "Locus of control-I"). In this regard, important areas of work with such students (in addition to stabilizing the emotional state and increasing stress tolerance) may be sessions aimed at understanding and realizing their life goals, correlating them with available opportunities, accepting a crisis situation as a challenge situation through the development of emotional regulation skills. An important task in this case is the recognition of interfering metaprograms and the selection of the most productive behavioral strategies. The range of goals can be completely different (from solving current problems to life design). However, it is the setting and awareness of one's own goal, correlation with a value profile, that can become a vector that affects a person's ability to make decisions, act and adapt to a difficult life situation and realize their unique life plan.

Discussions

Currently, issues related to the study of the psychological characteristics of a person's experience of difficult life situations, incident situations, and situations of military local conflict are being actively investigated. So, in the study of O. V. Boyko, N. V. Novikov, studying the individual psychological characteristics of a person's experience of a situation of military conflict, it was revealed that characteristics such as temperament properties, character traits, components of the motivational and need sphere, systems of life orientations and life meanings, as well as indicators of self-actualization of a person can influence the characteristics of a person's experience of a situation of military conflict. Thus, the constructive experience of a military conflict situation, which is characterized by a meaningful attitude to a crisis situation, a prosperous psycho-emotional state, is influenced by the following individual psychological characteristics of a personality: a high level of extraversion and a low level of neuroticism; a stable system of life orientations (goals in life, interest in life and emotional saturation, life effectiveness, locus of control – I (I am the master of life), the locus of control is life or the manageability of life, a general indicator of the meaningfulness of life); altruistic, hedonistic, vital meanings of self-realization. These results are consistent with the results of our study. The value-semantic profile, which includes altruistic, hedonistic values, as well as high meaningfulness of life (with the severity of the target component), can provide high opportunities for the subject to overcome the crisis and adapt to difficult life situations.

A separate layer of research is aimed at studying stress factors that affect the intensity of experiences of people living in a local military conflict zone. Thus, in the study of E. Ryadinskaya, the most pronounced were stress factors from the "threat to health" block; problems of an economic and socio-political nature; difficulties with employment, loss of meaning in life, disbelief in life prospects, lack of opportunity to plan the future; social stress factors: lack of social protection; the inability or restriction of education in general education, secondary and higher educational institutions; the inability to fully receive high-quality medical services; the lack of normal living conditions, etc.. Comparing these results with the results obtained in our study, it should be noted that focus on the future, setting and maintaining goals is an important factor of psychological well–being. In a situation of loss of control over life events, social and political instability, the meanings of the future can become a support for a person in the present. Also, psychological stress factors (lack of understanding on the part of relatives and relatives; lack of life prospects; conflicts; loss of the location of the head; loss of love; separation from family; loneliness; the influence of the media due to lack or redundancy of information; the general situation of uncertainty) turned out to be no less significant

in E. Ryadinskaya's study. (Ryadinskaya E.N., 2018) According to the author, psychological changes due to experiencing a crisis situation and perception of wartime can manifest themselves in the post-conflict period in deformation and changes in the value-semantic structure of the personality.

Conclusions

In a situation of geopolitical instability and high stress, the ideas of existential psychology expressed by V. Frankl and actively developed by his followers within the framework of logotherapy are becoming more relevant. (Frankl V., 1990; Längle A., 2015) The concept of the "will to meaning" in a situation of noogenic neuroses, existential frustration, intense experiences of a person in a difficult life situation allows you to discover those personal resources (a fundamental need for meaning), the realization of which will eventually allow a person to go beyond himself and cope with a difficult life situation. The search for meaning is the creative path that a person can go through, and the acquisition of meaning is the answer that he finds one day, responding to the challenges of time. In this sense, as V. noted. Frankl, the task of education, of course, is not to transfer knowledge, experience, traditions, but rather to strengthen the abilities that allow a person to find unique meanings of existence. The idea of the possibility of determining a personal position, which formed the basis of V. Frankl's theory, allows us to take a fresh look at the situation of severe suffering and experiences of people who find themselves in a difficult life situation. (Frankl V., 1990) We cannot always reduce suffering or escape from it, but we can always determine our attitude to our own experiences, take a personal position in relation to them. Sometimes only our thoughts can be controlled, and this becomes the powerful resource that allows us to rise above the situation, above ourselves, see new goals and start moving.

As a result of the conducted empirical research, the following conclusions were drawn: it was found that the value structure of students living in a local military conflict zone, unlike students in border areas, includes the values of hedonism (pleasant pastime), altruism (help and mercy to other people) and security values (high material well-being). For students of group "B", social values (recognition and respect of people and influence on others) are the most pronounced. It is also established that the change in the life orientations of students from the zone of military conflict manifests itself in a decrease in the level of meaningfulness of life, value bases and existential fulfillment of life, in impoverishment and narrowing of the emotional profile; it is established that living in the zone of military conflict to a greater extent reduces the processality of life, the fullness of life in the present, which can negatively affect the ability to cope with difficult life circumstances. An important result in terms of developing psychological support programs for students living in a local military conflict zone is the identification of conditions under which their personal potential and adaptive capabilities can significantly increase, and at the same time, the level of subjective well-being. Thus, the identification of the features of deformation of the meaning-of-life orientations of a person who has been in a military conflict zone for a long time makes it possible to develop and implement effective targeted psychological assistance programs.

Conflict of interests

The authors declare no conflict of interest.

Author Contributions

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